

Information Sheet for people with Schizophrenia

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- This information sheet is to help you understand the health problems that made you come to the doctor for treatment. This information will also help you plan for getting and staying better.
- In medical terms, the illness that the doctor is treating is called schizophrenia. This is caused by disturbance of the brain's normal functioning.
- Schizophrenia affects all that we do with our mind- thinking, feeling, communicating with others and understanding the world around us. Sometimes, recognizing one has schizophrenia can be difficult.



- However, to make things better for for yourself and your loved ones, this information sheet has some basic facts that you need to know to take control of your life.

What does the experience of having schizophrenia feel like?

- In the case of schizophrenia, the most common experiences are unusual ones like hearing voices which others around cannot hear, feeling convinced that there is a plan to harm you or that someone is controlling your mind.
- Sometimes the person can start feeling less motivated, not be interested in meeting with friends and family and not feel like doing much. Another frequent problem is the difficulty with concentration which makes doing work difficult.



How do these experiences affect the person's life?

- All these unpleasant experiences means that the person may have many difficulties at home with other family members.
- The person may stop working, studying or going out with friends and spend most of their time at home.
- This can affect the person's overall life satisfaction.
- However, with the right treatment and help, most people can manage the illness and start enjoying life again.

What can be done to manage and recover from schizophrenia?

- Like diabetes and heart diseases, the symptoms of schizophrenia can be treated quite successfully with modern treatments.
- However, just like heart disease and diabetes, lasting improvements can only happen when the person is regular with the treatment, takes care of his/her diet and physical health, exercises regularly and has a positive outlook.



- In schizophrenia, involving the closest family members to understand the illness and support the person is essential for good treatment results. Improvements in schizophrenia can often be gradual- sticking to treatment and the doctor's advice is very important even if there are no immediate changes.



- Some of the difficulties like poor concentration and forgetfulness, lack of self care and difficulties in mixing with other people can be made better through counseling and support.

Schizophrenia is treatable and people can recover:

- With the combined efforts of the person, family members, community health worker and the doctor, people with schizophrenia can return to doing routine things in life like anyone else.



- The person can get back to work, take care of everyday responsibilities, go out for social occasions and have some time for doing personal things.



- While there are many challenges involved in the process, these can be overcome with help and support from the person's family, friends and community health workers (CHW).
- During the next year, your community health worker will work with you and your family very closely to support your getting and staying better.

Sensations:

- Hearing voices and talking to them when no one is around.
- Unusual taste or smells.

Emotions:

- Being angry or fearful most of the time for no obvious reason.
- Being sad and unhappy most of the time.
- Becoming dull and showing little reaction to things happening around them.



Social relationships:

- Becoming isolated from family members and friends.
- Not wanting to go to family functions.
- Becoming less caring towards their spouse and children.

Work Performance:

- Not wanting to go to work or college.
- Losing their job and spending time at home.
- Not carrying out daily household activities as before.

However, there is no one symptom or test that can be used to identify someone as having schizophrenia; usually a combination of the symptoms and the time that they have been present for (at least more than a month continuously) are taken into account for this purpose.

What happens to people with schizophrenia over time?

- Most people will get better with treatment. They will think more clearly and many of the unusual ideas will go away.
- About one in four people have an episode of schizophrenia from which they make a complete recovery and then stay well for years.
- A small number of people with schizophrenia do not respond to treatment easily and can have a long and difficult illness.
- Most people will recover from an acute attack but will have periods when the symptoms come back again. These periods are called relapses which can happen at times when there is more stress on the person.
- The illness will be controlled better if the family members are informed about the illness.
- People with schizophrenia will get better sooner if the family is supportive.



What Causes Schizophrenia?

Scientific research has identified a number of factors which contribute to the illness:

1) Genetic or inherited reasons:

- Schizophrenia can be inherited and is seen more commonly in particular families.
- This does not mean that the affected member should not have children as most children of a parent with schizophrenia do not develop the illness.
- If one family member has the illness, it does not mean that others will also invariably develop the illness.
- Schizophrenia can also occur when there are no other relatives who have it.

2) Imbalance of certain chemicals in the brain:

- Schizophrenia is caused by disturbances in the usual working of the brain.
- These disturbances are due to changes in certain chemicals in the brain.
- The abnormal levels (more or less than usual) of these chemicals lead to the changes in behavior and experiences seen in people with schizophrenia.

3) Relation with stress:

- Stress caused by problems at home or work can sometimes bring on the illness.
- Some events, like death in the family, loss of job or breakup of relationship can make schizophrenia worse or cause a relapse.

4) Schizophrenia is NOT caused by:

- Evil spirits,
- Black magic/witchcraft
- Fate' or 'bad karma'
- Studying too much

What to do to manage the illness better?

Schizophrenia can be treated quite effectively with a number of treatments. However, there is no single treatment that can 'cure' schizophrenia. Instead, like other diseases, such as high blood pressure and diabetes, schizophrenia is best treated with both medicines and changes in the person and family's behavior and lifestyles. Schizophrenia needs to be managed over a period of time.



As a family member you can help your ill relative get better gradually by:

- 1) Understanding the illness better.
- 2) Encouraging your relative to meet with the treating doctor regularly.
- 3) Encouraging your relative continue with the medicines as prescribed.
- 4) Helping your relative get back to his/her usual roles as far as possible.
- 5) Taking care of your health and well being.
- 6) Feeling confident to deal with the stigma and discrimination that you and your relative might experience.

The Community Health Worker

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Over the next 12 months, you and your family can expect to meet with a new person called the Community Health Worker at home or at any other convenient place of your choice.

Who is the Community Health Worker?

- The Community Health worker is a local person who has completed higher secondary schooling and has been carefully selected and trained for six weeks by your doctor and other experts.
- He/she has a good understanding of the problems that the person with psychosis and their families face in their everyday lives.



- The Community Health Worker will be an additional person who will help persons with psychosis and their families overcome their problems and begin to enjoy their lives again.

What are the specific roles of the Community Health Worker?

- Your community health worker will work with your treating doctor who will closely supervise her/him to make sure that you get the best possible help and support.



- While your doctor will continue prescribing medicines and periodically review how things are going, your community health worker will meet you and your family to assess the specific additional support needed.



- After you identify these, your community health worker will meet your doctor and come up with a specific plan to meet your requirements and help you get back to doing more things.
- Based on this plan, she/he will meet you and your family and provide useful information to help everyone understand the problems better and look at specific solutions to problems.

- She/he will also provide you with specific information to help you manage and continue with the medicines your doctor has prescribed.
- She/he will also look at ways to help you improve your general health through healthy eating habits, getting enough physical exercise, maintain the right weight and reduce/stop the use of tobacco or alcohol (in case you use them).
- She/he will look at ways for you to manage your daily routine independently and help you become more confident in meeting people
- If you or your family is facing problems related to work, she/he will discuss how you can get back to work at home or outside. If necessary, she will help you contact other people who can offer help in this regard.



Your community health worker will meet you once every 15 days to a month over the next 12 months to meet as many of your requirements as possible. Please remember that she/he is there to support you at all times and help you and your family manage the various problems better.

Your community health worker is: _____

Her/his contact number is: _____

About Medicines

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How Do The Medicines Help?

The medicines that your doctor has prescribed are helpful as they reduce the problematic symptoms of your illness and help you to stay well. However, medicines are not the only way of getting better and need to be combined with other efforts for you to regain your health and well being. Not everyone will benefit completely with medicines and finding the right type and dose of medicines that will work for you will need a few trials over some time.



How Do The Medicines Work?

Your illness is caused by the imbalance of certain chemicals in the brain. These medicines are able to restore the usual chemical balance in the brain and this makes you feel better.

How Long Will It Take For The Medicines To Work?

These medicines are not fully effective immediately and you will need to take them for about 2 weeks to about a month before you can spot the difference. However, the longer you continue with the medicines, the greater will be the benefit.

The doctor will prescribe you the medicines that he thinks will work best for you. Your community health worker will be able to identify the type of medicine you are on and give you specific information about their benefits and side effects in more detail.



How About Injections That My Doctor Has Prescribed?

Sometimes, your doctor will prescribe injections that you will need to take once in 2-4 weeks. These injections contain medicines that are released slowly over period of 2-4 weeks. These injections can be quite convenient since you can reduce the number of tablets you need to take daily.

What Are The Common Side Effects Of The Medicines?

Like any type of medicines, these drugs can cause side effects. When starting the medicine, your doctor will usually talk to you about them and your community health worker will discuss these in more detail.

Some common side effects of medicines that are used to control the symptoms of the illness include:

- Dryness of mouth.
- Giddiness on standing up suddenly.
- Stiffness of muscles or shaking of hands.
- Tiredness/lethargy and excessive sleepiness.
- Delayed periods in women.
- Lack of sexual desire.
- Abnormal movements of tongue or mouth.
- Restlessness.
- Difficulty in sitting or standing in one place.
- Increase in appetite and weight gain.



The important thing to remember is that not everyone will experience these side effects and many people will have no problems at all. Often, these are temporary and disappear as your body gets used to the medicines over time. As a general rule, side effects are less of a problem with lower doses.

It is very important that you do not stop the medicines on your own. If you do have problems remember to always discuss any difficulties with your community health worker and doctor before changing or stopping the medicines or injections.

What Should I Do If I Have Side Effects?

If you have concerns regarding any of these side effects, you need to first discuss this with your doctor or the community health worker.

Reducing the dose of the medicine or switching over to another medicine can be useful in managing these symptoms. Sometimes, your doctor might prescribe an additional medicine to help control the various side effects.

There are also some things that you can do yourself to manage side effects. For example, if you get dryness of the mouth which makes it difficult to speak, having a clove or cardamom in the mouth can be useful as it makes the saliva flow. If you feel giddy after getting up suddenly, remember to get up slowly from bed or move your toes for a while before getting up.

How Should I Be Taking The Medicines?

There are some helpful ways to make sure that you are taking the medicine safely for maximum benefit:

- Tell your doctor about any other medicine you might be taking (i.e. for blood pressure, pain medicines, sleeping tablets etc).
- Take the medicines every day and at the right times of the day as suggested by your doctor.
- Take all medicines after having something to eat (unless the doctor tells you otherwise) as this will cause less problems.
- Some medicines may make you feel sleepy, especially in the first few days. This can be a problem if you are driving or operating any machinery.

Managing Relapse

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What is a relapse?

People with schizophrenia have an 'up and down' course of the illness. Sometimes they feel well and have no problems while at other times, they can experience a worsening of problems. The return of problems after being well is called a relapse. Relapse can happen quickly in a few days or more slowly over a few weeks. Before a relapse there, are initial changes in behavior, mood and thinking which are called 'early warning signs'

What are the consequences of a relapse?

- Some times a relapse can be severe and the person may need a period of stay in a hospital to control the situation.
- After a relapse, it may take weeks- months to become better again.
- During the time of a relapse, the risk of suicide increases; so be extra careful at this time.
- Prevention of a relapse is very important for your family member and the whole family.

How can we prevent a relapse?

- By recognizing early warning signs.
- By having a clear plan in advance of dealing with the problem.

What are the 'early warning signs' of a relapse?

- 1) Tension, nervousness and restlessness.
- 2) Not sleeping well or sleeping too much.
- 3) Feeling angry or sad most of the time.
- 4) Wanting to be alone most of the time.
- 5) Difficulty in concentration/forgetting easily.
- 6) Unusual experiences - feeling confused/'unreal'.
- 7) Reducing or stopping medicines.
- 8) Change in appetite - either less or more.

What are the effective ways of responding to early warning signs?

- 1) Contact your Community Health Worker immediately.
- 2) Family meeting to discuss the situation. Allocate clear roles and responsibilities.
- 3) Making sure that the right dose of the medicines is being taken regularly.
- 4) Organizing an urgent meeting with your doctor for a review of the situation.

What are effective things to do in a relapse?

- Contact your Community Health Worker immediately.
- Reduce stress and try to solve problems that may have led to the relapse.
- Stop alcohol/ drug abuse.
- Continue with the right dose of medicine without fail.
- Meet your treating doctor urgently to review the situation.

Difficulties With 'Hearing Voices'

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THERE ARE certain symptoms like 'hearing voices' which disturb the person and family in their day to day life in spite of taking medicines. The following techniques may help to reduce the impact of symptoms:

- Physical activity.
- Taking a walk.
- Exercising.
- Relaxation techniques.
- Keeping busy through work like cooking or washing or household activities which you like.



Specific Activities:

- Some pleasant activities may help divert the person's attention from the symptoms.
- Talking to family members or friends.
- Playing some game- badminton, chess, carom etc.

- Listening to music specially through earphones.
- Singing or humming to music.
- Watching TV.
- Reading newspaper / magazine, doing a puzzle.



Some other ways of handling the problem:

- Shifting attention - thinking about something pleasant like visualizing a peaceful scene, doing a puzzle, listening to music, etc.



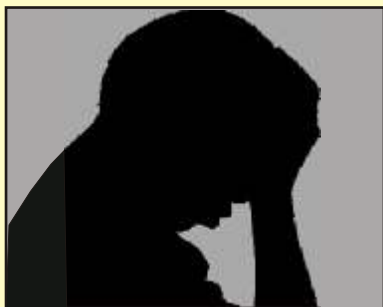
- Adaptive coping strategies like positive self talk: 'Take it easy', 'I can handle this'.
- Ignoring the symptom as much as possible. Problem solving-'what can I do to make this better?'

TRY to avoid these strategies:

- Angrily ordering the voices to go away.
- Avoiding social contact by gradually withdrawing from social interactions.
- Use of alcohol or drugs.
- Stopping medicines as 'they are anyway not working'.
- Sleeping excessively.

Memory & Concentration

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Some persons affected by schizophrenia find it difficult to concentrate on what he/she does and to think clearly as before. This can affect the person's work and can lead to difficulties in starting and finishing tasks.

Attention and concentration problems:

Remove disturbances: It is useful to think of ways to minimize distractions like noise and background talk, when possible.

Having regular breaks while doing something:

People with schizophrenia need to take small breaks between tasks more often to help them to pay attention.



Gradually increasing period of concentration:

Encouraging the person to spend a little more time each day in any activity that he/she enjoys doing.

Tasks to improve attention:

Activities like painting, reading short stories, knitting, solving a puzzle or playing a game of cards can be used to improve attention and concentration



of people with schizophrenia while being fun.

Slow speed of doing things:

Take an individual approach: The person must be given enough time to complete a task.

Repeated practice: Encourage the person to practice till he/she gets used to the activity.

For poor memory:

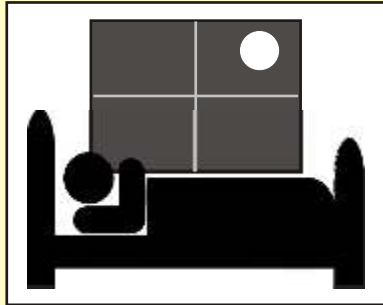
Using reminders: For example, if the person is supposed to pay the telephone bill, the date can be circled boldly in a calendar so that the person can see clearly. Similarly, having a written list of things to be bought from the grocery shop can be useful in remembering the items to be purchased.

Having a daily routine: This allows things to be done as a matter of habit and without having to think of each one of them individually. Helping the person organize a place to keep any money, keys or medicines can be built into the routine till they become a habit.

Practice the activity till it becomes a habit.

How To Sleep Better

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- Some of the medicines you are taking might make you feel sleepy during the day and can interfere with your daily routine.
- Check with your doctor and community health worker if you can have all the medicines before going to bed at night - this can make you feel less sleepy during the daytime.
- You can also try to have the medicines about an hour earlier at night so that you wake up in the morning feeling fresh.



- In case all of these are not useful, check with your doctor and community health worker if the medicines can be changed to something that does not make you feel so sleepy.

- In general, keep to regular hours for going to bed and waking up. If you sleep at 10 pm in the night and wake up at 6 am in the morning, try to keep to the same timing everyday.



- Finish any toilet needs just before sleeping.



- If you cannot fall asleep do not lie in bed. You should get out of bed; try out some activity (e.g. reading a book or the news paper, listening to some soft music, etc.) and then get back to bed when feeling really sleepy.
- Have a warm water bath before going to bed; this will help you to relax and sleep.
- Practice breathing technique or relaxation exercises if you cannot get to sleep easily.



Managing Your Weight

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- Some of the medicines you are taking can increase your weight. This can make you feel unhappy about how you look and can increase the chances of other diseases like high blood pressure and diabetes.
- Managing your weight is an important part of feeling and staying healthy. You can do this by having a healthy diet and regular physical exercise.



- Your diet should have plenty of fibre as this does not cause weight gain. A large part of your meal should comprise of whole grains, cereals and chapattis. Include 2-3 portions of green leafy vegetables like spinach in your daily diet. Seasonal fruits are also a good option.
- Eat your meals at regular intervals as far as possible.

- Limit fat from dairy and meat sources. Avoid butter and ghee whenever possible. If you are a non vegetarian, stick to chicken and fish rather than red meat. Curd and paneer are good sources of protein for everyone.



- Avoid having deep fried foods like pakoras and vadas regularly. In general, avoid cooking with a lot of oil. Steamed, boiled and baked foods are healthier than fried foods.



- Avoid having too many sweets like gulab jamuns and jalebis that are both deep fried and soaked in sugar syrup. These are rich in calories and are responsible for the weight gain.



- A brisk walk every day for 30 minutes can be very helpful. In addition, doing yoga regularly will also help you to maintain a healthy body weight.

Stopping Tobacco Use

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Smoking or chewing tobacco is a common habit that has been shown to have many negative health effects. Tobacco, when smoked or chewed, is highly addictive because of the nicotine it contains and most often, what starts as occasional use, later becomes a habit.

Most people continue to use tobacco because it helps them relax or it improves their alertness, but the health consequences of tobacco use are very bad and include a high risk of early death due to heart disease, breathing difficulties and many types of cancers. Stopping tobacco is important for you to be physically and mentally healthier.

Steps involved in stopping smoking:

STEP 1: Find Reasons To Stop

The first step is to think carefully about why you want to stop. Be clear about this.

Potential Reasons:

- Using tobacco by smoking or chewing kills.
- Cigarettes and chewing tobacco are full of poison.

- Using tobacco causes cancer, heart attacks and breathing problems.
- Using tobacco reduces fitness, affects your appearance and can make you depressed.
- Using tobacco is expensive.

STEP 2: Make A Plan

Planning can help you understand why you use tobacco and identify the most useful strategies for stopping. Planning involves:

- Know why you use tobacco and the situations in which you use tobacco or smoke regularly; make a record of this.
- Plan ways to deal with stopping since tobacco is available everywhere.
- Set a date to stop.
- Remind yourself of what you need to do to stop using tobacco.
- Having a plan can increase the chance of you stopping successfully. Getting help from your Doctor and Community Health Worker will give you a much greater chance of long-term success.



Step 3: Put Your Plan Into Action

Now it's time to put all your plans into practice and stop:

Choose an approach that suits you: stopping completely and suddenly, or gradually reducing.

- Understand that you will have withdrawal symptoms like irritability and anxiety in the first few days after you stop; get your family and friends to understand this and to support you at this time.
- Resist the urge to smoke even one cigarette or chew even one pouch of gutkha; the urge goes away if you can do deep breathing and distract yourself by getting busy. Remember, the desire goes quite quickly.
- Find ways to relax- the breathing exercise described by the CHW, changes in routine, early morning walks, etc.



- Avoid drinking alcohol as you might feel like using tobacco with your drink.
- More strategies: reward yourself with the money you have saved after stopping - take your family out for a meal or a movie or invest in having your teeth cleaned.

Review your plan: checking whether your plan is working for you and reminding yourself of why you want to stop in the first place.

STEP 4: Stay On Track

- You'll feel the urge to use tobacco less and less, but staying off tobacco takes a long term effort. The next stage is learning to enjoy and value your new tobacco free lifestyle.
- Remember, it's normal to get the craving to smoke or chew tobacco in situations where you are used to. Resisting the craving to use tobacco is a necessary step in making them go away.



- Don't let other people talk you into having a cigarette or chew tobacco. It's your decision - don't let others pressurise. Tell them 'No', and that you mean it.
- While some people are able to stop in their first attempt, most of those who stop will need to make several attempts before they are finally successful.

Drinking and You

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The problem with alcohol is that sometimes one drink can easily lead to another. Before you know it, you might have had more to drink than you had planned and then experienced some of these problems.

- When people get drunk they do things which they usually won't – people can become either aggressive or have accidents due to poor judgment.
- Alcohol is highly addictive. Some people are often unable to stop drinking even though alcohol is spoiling their lives.
- Moderate to heavy drinking over many years damages the liver, brain, heart and pancreas, and can cause cancer.
- Don't forget that children learn about behaviour largely from their parents; if you drink heavily, it is more likely that your children will take up the habit later.

If you still feel alcohol is important in your life then we suggest you find out a little more about how to drink safely

- If you do drink, have a maximum limit of 2 small pegs of alcohol; for example, a maximum of 2 small pegs of feni or spirits or 2 small beers.

Be a safe drinker:

- Decide how many pegs or bottles of beer you want to drink in an evening and stick with it.
- Reduce your pegs by choosing drinks that are not so strong.(e.g. beer instead of whisky)
- Drink a full glass of water before you start drinking any alcohol. Drink either water or a soft drink between each alcoholic drink.
- Eat before you go out and while you are drinking.
- Set aside specific days in the week when you do not consume alcohol.
- Try not to go out too often with friends who drink heavily.

For most people who are trying to stop drinking, it is hard to do so completely in one attempt. Most commonly, even in people who are keen on stopping, there are times when they might start drinking again, usually when feeling bored or unhappy or in the company of friends. If this happens to you, try not to feel guilty as this can restart the use of regular drinking. Instead, accept that it has happened in spite of your best intention and learn from the experience to think of ways of stopping this from happening again. The important thing to remember is that you will succeed in stopping if you keep trying even if there are some setbacks on the road to a drink free life.

Staying Fit and Active

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Sometimes, the person suffering from schizophrenia has difficulties in doing things that we consider a daily part of our lives. This can include taking care of personal hygiene and appearance, talking to family members and going out of the house. Very often family members feel that the person is being deliberately lazy and uncaring; however, the lack of interest and motivation to do things is a part of the illness. However, there are some things you can do to handle these problems:

- Understand that these problems are not intentional and always under the control of the person.
- Understand that they usually take time to get better.
- Understand that they can be also caused by depression and side effects of medicines.
- Inform the Community Health Worker and explain the difficulties. Inform the Doctor.
- For the person it is often important to feel understood in these difficulties rather than feeling blamed for not doing things at home or outside as earlier.

Some useful strategies for making things happen include

1) Have a regular routine for the person (activity scheduling):

- Have a routine of simple activities that involves the person in some work for a part of his time.
- Support the initial efforts and encourage attempts made by the person.

2) Schedule some enjoyable activities together with the rest of the family.

- Go out for a movie.
- Watch a performance or sit down with the family to watch a TV program.

- Have the person come along for some social occasions like visiting relatives or participating in festivals or



wedding. Go to church, temples or any other religious places.

3) Identify previous recreational activities:

- Having a chat with friends or going out.
- Having a hobby or being involved in some local sports or activities in clubs that the person used to enjoy before developing the illness.
- Consider if the person is interested in doing some of these things in a gradual manner to improve his sense of enjoyment.

4. Focus on the future:

- Encourage the person to make plans for his future and the family to support the same.

Managing Stress

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A. RELAXED BREATHING:

The goal of this exercise is to slow down your breathing, especially breathing out.

Steps:

1. Sit in a comfortable chair with your back fully supported.
2. Choose a relaxing word/phrase to say as you practice inhaling and exhaling slowly. (Examples: CALM or RELAX or PEACEFUL or STAY CALM and SLOW DOWN).
3. Slowly inhale through your nose and exhale slowly through the nose. Take normal breaths, not deep ones. Make sure that you exhale slowly and consciously.



4. While you breathe say the relaxing word you have chosen. Say it very slowly, like this, "c-a-a-a-a-l-m" or "r-e-e-e-l-a-a-x" or say a religious word or word which you like.
5. Pause after exhaling before taking your next breath. Try counting up to four numbers before inhaling each new breath.
6. Concentrate on your breath as it travels through the air passageways.
7. Repeat the entire sequence 10 to 20 times.
8. Gradually return to breathing normally. Sit quietly for a minute or two, focusing on your natural breathing.



B. MUSCLE RELAXATION:

The goal of the technique is to gently stretch your muscles to reduce stiffness and tension. The exercises start at your head and work down to your feet. You can do these exercises while sitting in a chair.

Steps:

1. **Head rotation:** Drop your head to one side. Gently roll it around in a wide circle. Repeat 3-5 times. Then reverse the direction and gently roll your head in a wide circle the other way. Repeat 3-5 times.

2. Shoulder shrugs: Lift both shoulders in a shrugging motion. Try to touch your ears with your shoulders. Hold the position for a few seconds. Let your shoulders down after each shrug. Hold the position for a few seconds Repeat 3-5 times.

3. Overhead arm stretches: Raise both arms straight above your head. Interlace your fingers, (e.g. you are making a basket), with your palms facing down towards the floor. Now stretch your arms towards the ceiling and hold this position for a few seconds. Then, keeping your fingers interlaced, rotate your palms to face upwards towards the ceiling. Stretch towards the ceiling again and hold this position for a few seconds. Repeat this sequence 3-5 times. If doing this exercise with your arms stretched overhead is uncomfortable, try it with your arms reaching out in front of you.

4. Knee rises: Reach down and grab your right knee with one or both hands. Pull your knee up towards your chest (as close to your chest as is comfortable). Hold your knee there for a few seconds, before lowering it and returning your foot to the floor.

Reach down and grab your left knee with one or both hands and bring it up towards your chest. Hold it there for a few seconds before lowering it. Repeat the sequence 3-5 times.

5. Foot and ankle rolls: Lift your feet and stretch your legs out. Rotate your ankles and feet, 3-5 times in one direction, then 3-5 times in the other direction.

C. PEACEFUL IMAGERY:

The goal of this technique is to “take yourself” from stress and picture yourself in a more relaxed, calm situation.

Steps:

1. Think of a scene that you find peaceful, calm and restful. If you have trouble thinking of a scene, consider the following:

- a) Walking in the park
- b) Sitting on a park bench
- c) Sitting beside a river
- d) Spending time on a farm or gardening.

2. After choosing a peaceful scene, imagine as many details as possible, using all your senses.

3. What does the scene look like? What are the colors? Is it light or dark? What shapes are in the scene?

4 If it's a nature scene, what kind of trees or flowers do you see? What are the sounds in your peaceful scene? Can you hear water or the sounds of waves? Are these sounds from animals or birds? From the breeze?

What could you feel with your sense of touch? Are these textures? Is it cool or warm? Can you feel a breeze? What smells are there in your peaceful scene? Could you smell flowers? The smell of food cooking?

Disregard any stressful thoughts and keep your attention on the peaceful scene. Allow at least five minutes for this relaxation technique.

Managing Anger

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When you feel angry, it affects your mind and body. For example, it raises your blood pressure and pulse rate and makes it more difficult for you to tackle the problem.

Things You Can Do To Control Anger



- Recognise your anger by paying attention to physical signs such as tensed muscles and important emotional signs such as feelings of irritability, impatience and frustration.
- Try to calm down before feelings of anger exaggerate into verbal or physical acts of violence by counting numbers from 1 to 10.

- You can calm down by expressing the reasons for anger to a close friend or relative, or by relaxing alone till the anger subsides.



- Listen to soothing music or read something that will make you relax.



- Breathing technique may help you to calm down before you become very angry and lash out at people.



- In case of fights, leave the place and come back when you are calm and able to talk about it.